**Tortuguero:**(Laguna Lodge->Pavona)
Tortuguero is a village on the North Caribbean coast in the Limon province. Has a population around 1200-1500.It's ONLY method of transport is by boat. Sustained in the majority by eco-turism. The translated name is Land of Turtles. Beaches in this area are turtle nesting sites, thus it's to swim, at night you can only go with a guide. The nesting period goes from July until October. It's a tropical rainy forest. Be prepared, rain could fall in any moment.
Common land animals: Three-toed sloth, howler, spider and white-faced monkeys, basilisk lizard and
iguanas.
Common water animals: Caiman, Crocodile, manatees and river otters.

**La Fortuna**
With a populatio of around 15 000.Known for it's almost perfectly cone shaped volcano. The village is located the nothern lowlands, at the foot of Volcan Arenal. Became popular because of the high activity the volcano had between 1968 and 2010, although it is now sleeping. The average tempeture is between 20 and 26 celsisus.
Recommended tours & activities:
-Restaurants:Fortuneño, Selva Rustica, Don Rufino, La Hormiga
- NP Volcan Arenal
-Walk over an old lava flowfrom 1968
-La Fortuna waterfall
-Hot Springs
- Hanging Bridges/ Ziplines (Sky Adventures, Arenal Mundo Aventura)

**Monterverde**
Located in the Tilaran range, Originally founeded by US Quakers in 1972, fleeing from the American Draft before the Korean War. They took advantage of the cool weather, and focused on dairy farming. They land they used is now known as the Cloud Forest Bilogical reserve. The tempeture average is around 19 Celsius. Due to it being a Cloud Forest there is a lot of rain. Be prepared for it.
Recommended tours & activities:
-Restaurants: Morpho, Bar Amigos, Sabor Tico
-Bosque Nuboso de Monteverde reserve
- Sunset at Las piedras
- Cerro Pinocho sightseeing
-Coffie tour (Don Juan, El Trapiche)
-Hanging Bridges (Treetopia)

**Manuel Antonio**
Manuel Antonio sits on Costa Rica's Central Pacific coast. Originally inhabited by the indigenous Quepoa people, a subgroup of the Boruca. Its tempeture is aprox. 27-30 celsius. Rain Is usual in here.
Recommended tours & activities:
> Restaurants: El avion, ronnys Place, La Luna, Rio Tico Jungle Grills, Vista Verde, Emilios cafe.
>Visit Parque Nacional Manuel Antonio
>Visit nearby beaches
>Sea or river kayaking (Iguana Tours)
>Catamaran (Iguana Tours, Sunset sails)

**Center of San Jose**
Capital city of Costa Rica, politcal and economic heart. Before 1821 it was not the capital of the

country, Cartago was. Due to this you are not going to see colonial-era buildings. It’s name comes from Saint Josph, who was chosen as parish patron. Has a population of about 300 000 people. The average tempeture is 24 Celsius.

Recommended tours & activities

- Central Market ( La Sorbetera)
- Plaza de la Cultura
- National theater
- National Museum
-Gold museum
-Jade museum
-Parque Central
- Parque Morazan

**General Info about CR**

- National Parks

>Buy entrance with anticipation
>Take the entries in paper
>Take a copy of your passport
>Only reusable water bottles

-Security

>Don’t walk past 6pm
>Do not leave your belongins unattended (animals/humans)
>Transporte use either Red Taxi (Better ask in reception of the hotel) or Uber

-Water

>Water is drinkable out of the tab, but we recommend to ask in reception to refill your bottles with filtered water.

- Money

>You can pay with card in almost every place, small buissneses or taxis don’t accept them. (Tortuguero better have cash, machines may not work due to it’s remotness).
>ATM’s
>Better to pay in the same currency the price is.

- Tips

>It’s not obligatory to leave a tip. But it is always welcomed
>Tips go around $4 to $10/ 2000 to 5000)
>At the restaurants there is a 10% tip included in the bill.

- Sodas

>Small restaurants with pure tipical food
>Usuallly they are cheaper than a restaurant
>Tipical food. Pinto, Casado.